

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices

August 21, 1919.

Form No. XS-38.

COOPERATIVE EXTENSION WORK IN AGRICULTURE

AND HOME ECONOMICS

W.H.B. Reserve
U. S. Department of Agriculture
and State Agricultural Colleges
cooperating

States Relations Service
Office of Extension Work South
Washington, D. C.

ATTRACTIVE WAYS OF USING TOMATOES.

The following have been selected from the many possible recipes for using tomatoes as adapted particularly to the utilization of the tomato pulp left after extracting the seed. It is intended to accompany circular letter XS-36, on "Method of Saving Wilt Resistant Tomato Seed".

Tomato Puree:

1 gallon of tomatoes	1 large sized onion
	1 cup chopped sweet red pepper

Cut the tomatoes, and add the chopped onion and the chopped sweet red pepper, cook until tender, put through a sieve, and add sugar and salt seasoning in the proportion of 1 tsp. to each quart of pulp. Cook to the consistency of ketchup, stirring constantly. Pack hot into jars or bottles and process pint jars 25 minutes at boiling.

Tomato Paste:

1 quart thick strained tomato pulp	1 slice onion
4 tbsp. chopped sweet red pepper	1/2 tsp. salt
pulp, or 1 tsp. paprika	1 tsp. sugar
	1 tbsp. mixed spices

Cook spices, tied in bag, with tomato pulp in a pan over boiling water for about 3 hours, or until the paste is thick enough to hold the shape of spoon when tested by dipping out a spoonful. Pack hot, process small jars 15 minutes in water bath at 213° F.

Soup Mixture: This should be made in the proportion of one-half tomato pulp, one-fourth corn or tiny lima beans, and one-fourth okra, with seasoning added. One slice of onion 2 inches in diameter should be added to each No. 2 can. The tomatoes should be heated, rubbed through a sieve and cooked down to about the consistency of ketchup before measuring; then the corn, okra, onion and seasoning should be added and cooked until the corn and okra are about three-fourths done. Then pack into cans and follow directions as given in the table below. Net weight appearing on label of No. 2 can should be 1 pound 4½ ounces.

Creole Sauce:

1 pint tomato sauce (about the consistency of ketchup)	2 tbsp. chopped onion
$\frac{1}{4}$ cup green pepper (cut in 1 - inch cubes or strips)	1 tbsp. sugar
$\frac{1}{2}$ cup red pepper (cut in 1 - inch cubes or strips)	2 tbsp. butter
1 tsp. celery seed (crushed)	1 bay leaf
	$\frac{1}{2}$ tbsp. minced parsley
	4 tbsp. minced ham
	1 $\frac{1}{2}$ tsp. salt

Make tomato sauce by first cooking the tomatoes and putting them through a sieve. Cook the pulp until about the consistency of ketchup. Chop the onion and fry in the butter until yellow; add the pepper, tomato sauce, ham and seasoning and simmer for half an hour. Serve hot.

This Creole sauce can be used in omelets, with rice croquettes, veal, lambs boiled or baked fish, in soup and with Creole chicken. When Creole sauce is to be canned omit the ham or bacon and simmer only 15 minutes before packing. Process in 10-ounce glass jars for 20 minutes in a water bath at boiling temperature.

Green Tomato Pickle:

1 gallon green tomatoes	1 tbsp. whole black pepper
$\frac{1}{2}$ doz. large onions	1 tbsp. whole cloves
3 cups brown sugar	1 tbsp. whole allspice
$\frac{1}{2}$ lemon	1 tbsp. celery seed (crushed)
3 pods red pepper	1 tbsp. mustard seed
3 cups vinegar	1 tbsp. ground mustard

Slice the tomatoes and onions thin. Sprinkle over them $\frac{1}{4}$ cup of salt and let stand over night in a crock or enameled vessel. Tie the pepper cloves, allspice and celery seed in a cheesecloth bag. Slice the lemon and chop two pepper pods very fine. Drain the tomato and onion well. Add all seasoning except one pepper pod to the vinegar then add the tomato and onion. Cook for $\frac{1}{2}$ hour stirring gently at intervals to prevent burning. Remove spice bag to prevent darkening product. Pack in 10-ounce jar and garnish with slender strips of the red pepper placing them vertically on the opposite sides of each jar. Process for 15 minutes.

Tomato Ketchup: Select red-ripe tomatoes. The extra juice small and broken fruit which will not do for canning may be used if they are sound and red. Any green or yellowish parts

of fruit will make a ketchup inferior in flavor and color and not good for market. Use whole spires tied loosely in a bag while cooking and remove before bottling to prevent darkening the product by ground spices. This does not apply to red pepper which helps to give a bright red color. The pulp of sweet Spanish pepper or the ground Hungarian paprika may also be used to give color and flavor. Remove seeds from sweet ^{red} pepper, chop and add 1 cup of this pepper and 2 medium size onions to 1 gallon tomatoes before cooking.

Cook the tomatoes thoroughly put through a colander or sieve saving all pulp, and measure. For every gallon of pulp use the following:

2 tbsp. salt
4 tbsp. sugar
1 tbsp. mustard (powdered)
1 pint good vinegar

1 level tbsp. each of whole allspice, cloves, cinnamon, and pepper
2 small red peppers sliced and seed removed

After putting tomatoes through a colander add ground spices and spice bag, and cook for $1\frac{1}{2}$ hours, or until nearly thick enough, then add vinegar and cook until thick. Rapid cooking (being careful not to scorch the ketchup) will give a better color than slow cooking. The finished product should be a fine bright red.

Pour the ketchup at once into hot sterilized bottles. If any quantity is made for sale, set the hot bottles at once into a vessel of hot water, having a false bottom in it to prevent breakage, put the cork stoppers in loosely and process at boiling point for 30 minutes. Drive the corks in tightly and when cool dip mouth of bottles into melted paraffin, or cover stoppers with sealing wax.

Cooked Tomato Relish:

3 pints tomato pulp
1 cup finely chopped onion
 $\frac{3}{4}$ cup sugar
6 heads finely chopped celery
2 red peppers cut fine and with seed removed

$2\frac{1}{2}$ tsp. salt
 $1\frac{1}{2}$ pints vinegar
 $\frac{1}{3}$ cup grated horseradish
 $\frac{1}{2}$ cup white mustard seed
1 tsp. black pepper
1, tsp. cinnamon
 $\frac{1}{2}$ tsp. cloves

Mix all ingredients together and cook to consistency of Chili Sauce. Seal and process 10 minutes.

Uncooked Tomato Ketchup:

3 pints of tomatoes cut in pieces
1 cup finely chopped onion
 $\frac{3}{4}$ cup sugar
6 heads finely chopped celery
2 red peppers cut fine and with seed removed

$2\frac{1}{2}$ tsp. salt
 $1\frac{1}{2}$ pints vinegar
 $\frac{1}{3}$ cup grated horseradish
 $\frac{1}{2}$ cup white mustard seed
1 tsp. black pepper
1 tsp. cinnamon
 $\frac{1}{2}$ tsp. cloves

Mix all ingredients together.

Chili Sauce:

1 pint tomato pulp
2 cups vinegar
2 tsp. salt
3 tbsp. sugar

3 large onions
3 green peppers
1 tsp. ground cinnamon
 $\frac{1}{2}$ tsp. cloves

Chop onions and peppers. Add other ingredients and let all simmer for two hours. Pack into sterilized jars and process 10 minutes.

Tomato Chutney:

3 cups tomato pulp	$\frac{1}{2}$ lb. chopped raisins
3 chopped onions	$\frac{3}{4}$ lb. brown sugar
3 chopped apples	1 pint vinegar
2 tsp. salt	$\frac{1}{4}$ tsp. pepper
	$1\frac{1}{2}$ tsp. ground ginger

Mix pulp, vinegar and salt. Cook slowly for two hours. Add sugar, raisins, apples, ginger, pepper and boil $1\frac{1}{2}$ hours. Seal in small sterilized jars and process 10 minutes.

Green Tomato Ketchup:

1 gallon tomatoes	$\frac{1}{2}$ cup mixed spices
3 pepper pods	6 onions
1/3 cup salt	1 quart vinegar

Wash tomatoes and onions. Cut up very fine. Add other ingredients with spices tied in a bag. Cook until it is reduced to one-half the original bulk. Pack into sterilized bottles and process 15 minutes. Seal tight and store.

Green Tomato Mincemeat:

1 peck tomatoes	2 tsp. ground cinnamon
2 lbs. raisins	2 tsp. nutmeg
2 $\frac{1}{2}$ lbs. brown sugar	2 tsp. cloves
$\frac{1}{2}$ lb. suet or cocoanut	$\frac{1}{2}$ cup vinegar

Chop tomatoes fine and drain. Cover with cold water, heat through and drain again. Add chopped raisins and other ingredients. Cook 30 minutes. Pack into sterilized jars and process 15 minutes.

Tomato Jelly:

1 quart tomato pulp	2 tbsp. cornstarch or
1 cup sugar	1 cup pectin
1 tsp. salt	1 tsp. ground ginger

Put pulp, ginger, sugar and salt in a saucepan. Mix cornstarch with 2 tbsp. cold water and add. If pectin is used instead add it to the ingredients. Boil five minutes and pour in a mold to cool. Serve cold with meat.

Tomato Soup:

1 quart tomato pulp	1 chopped onion
1 chopped carrot	2 tbsp. flour
1 bay leaf	2 cups stock, or liquid in
2 tsp. butter	which chicken or other
1 tsp. salt	meat has boiled, or water
$\frac{1}{2}$ tsp. celery seed	$\frac{1}{4}$ tsp. pepper

Add stock and seasonings to pulp. Cook 15 minutes. Rub butter and flour together with a little of hot mixture. Stir into the pulp and continue to stir until it boils. Press through a sieve. Heat again and serve.

Cream Tomato Soup:

1 pint tomato pulp
1 slice onion
3 tsp. sugar
4 tbsp. flour

1 cup water
 $\frac{3}{4}$ tsp. soda
1 quart sweet milk
2 tbsp. butter
 $\frac{1}{4}$ tsp. pepper

Mix pulp, water and onion, cook 15 minutes, then strain through a colander or sieve. Put in a sauce pan with $\frac{1}{2}$ tsp. soda. Stir well, add pepper and sugar and keep hot. Heat milk in a double boiler to boiling point. Mix the flour and butter, and remaining $\frac{1}{2}$ tsp. soda, with a little cold milk, pour into hot milk and stir until it thickens. Add to other hot mixture when ready to serve and season with salt.

Tomato Salad:

6 medium sized smooth tomatoes
1 cup chopped cabbage

1 cup chopped celery
 $\frac{1}{2}$ cup chopped nutmeats

Peel tomatoes and remove the pulp and seed. Mix the cabbage, celery and nutmeats with Mayonnaise dressing and fill the tomatoes. Serve on crisp lettuce or cabbage leaves with Mayonnaise dressing.

Scalloped Tomatoes:

6 tomatoes
2 tsp. butter
4 tsp. chopped onion

1 cup stale bread crumbs
 $\frac{1}{4}$ cup sugar
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper

Peel, cut and cook tomatoes until tender. Sprinkle the bottom of a buttered baking dish with bread crumbs, add salt and pepper. Cover with a layer of tomatoes, add butter, onion and sugar. Fill the dish with layers so arranged. Cover the top with bread crumbs, dot with butter and bake in a moderate oven for 15 minutes.

Tomatoes and Okra:

12 pods okra
4 tomatoes

1 onion
1 tsp. butter

Wash and slice okra thin; peel and cut tomatoes in thin slices; mince the onion. Mix all together and season with salt. Simmer slowly for one-half hour. Add butter, a bit of cayenne and serve.

Baked Tomatoes:

6 large salad tomatoes
1 cup finely chopped left over meat
5 tsp. bread crumbs

$\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. pepper
1 tsp. melted butter
1 tsp. chopped parsley

Cut a thin slice from the stem end of the tomatoes but do not peel them. Remove seed and some pulp. Mix pulp with other ingredients and fill the tomatoes with this mixture. Mix bread crumbs and butter, sprinkle on top and bake in a moderate oven for 40 minutes.

Eggs Baked in Tomato: Cut a slice from the stem end of a small tomato and scoop out part of the pulp. Refill this with an egg, sprinkle with salt and pepper, and add a few small bits of butter.

Cover the opening with buttered crumbs and bake in a moderate oven until crumbs are a golden brown.

Tomato Souffle:

6 tomatoes
4 eggs

2 tsp. butter
3 tsp. grated cheese

Stew tomatoes until soft; season with sugar, salt and cayenne to taste. Rub through a colander and return to the fire. Heat butter in frying pan, add eggs, stirring all the time to break and mix them. Add tomatoes and stir and cook 2 minutes. Stir in grated cheese and serve.

Jellied Vegetable Sauce: 1 tbsp. granulated gelatin dissolved in $\frac{1}{4}$ cup cold water. Add 1 cup boiling water, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ cup tomato juice, 1 tsp. salt; strain and cool. Add

the following when it begins to stiffen: 1 cup celery chopped fine, $\frac{1}{2}$ cup finely cut cabbage, $\frac{1}{2}$ can pimientos cut into small pieces. Turn into a mold and chill. Serve in slices with cold meat, or turn out into a dish with thin slices of cold meat around it. Garnish with celery tips.

Tomato Jelly Salad:

3 cups tomatoes
1 small onion
2 cloves
 $\frac{1}{2}$ bay leaf

$\frac{3}{4}$ package gelatin
 $\frac{1}{2}$ tsp. salt
1/8 tsp. pepper
1 tsp. sugar

Mayonnaise - Lettuce

Soak gelatin in one-half cup water, while the other ingredients are boiled for ten minutes. Press through a sieve and add the gelatin. Fill individual molds. When firm, take from mold, and place on a crisp lettuce leaf with a spoonful of Mayonnaise on top. Garnish with small cheese balls.

Tomato Sauce:

1 cup tomatoes
2 tbsp. flour
2 tbsp. fat
 $\frac{1}{2}$ tsp. salt
pepper

$\frac{1}{2}$ tsp. chopped onion
1/8 tsp. thyme
 $\frac{1}{2}$ bay leaf
1 tsp. parsley
2 tbsp. celery tops

Mix fat and flour in a smooth paste, add tomatoes and seasoning and cook until smooth. This sauce does not need to be made in a double boiler if stirred constantly. This is an attractive sauce to serve with meats, vegetable loaves or on rice.

APPROVED:

J. A. Evans

Chief.